UNITED STATES DEPARTMENT OF AGRICULTURE
Radio Service
OFFICE OF INFORMATION

Housekeepers' Chat Monday, March 31, 1390

NOT FOR PUBLICATION

Subject: "Breakfasts for Spring Days." Menus from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Aunt Sammy's Radio Recipes."

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More breakfast menus for spring. The Recipe Lady has come to our aid, with eleven suggestions for the meal that starts the day right. So, if you have been pondering on the subject of what to have for breakfast, perhaps you'll find just what you want in this list.

Everybody equipped with pencil and paper? You'll need two or three sheets of paper, to write these eleven breakfast menus. I'll read each menu slowly, and then repeat it. Ready to go:

Breakfast No. 1: Orange juice, griddle cakes with new maple sirup; and a beverage.

Breakfast No. 2: Sausage on pineapple rings; graham muffins; and a beverage.

Breakfast No. 3: Canned peaches; crisp bacon; spoon bread; and a beverage.

Breakfast No. 4: Baked apple; fluffy omelet; hot biscuit; and a beverage.

Breakfast No. 5: Apricots; creamed fish; hot robls; and a beverage.

Breakfast No. 6: Sliced oranges; French toast and jelly; and a beverage.

Breakfast No. 7: Canned cherries; ham omelet; toasted rolls; and a beverage.

Breakfast No. 8: Apple sauce; scrambled eggs and bacon or kippered herring; toasted biscuit; and a beverage.

Breakfast No. 9: Canned plums; browned hash; toast; and a beverage.

Breakfast No. 10: Grapefruit; creamed chipped beef; cinnamon buns; and a beverage.

Breakfast No. 11: Stewed rhubarb; broiled fish; corn meal muffins; and a beverage.

There's an important question today, from a mother whose little boy does not like milk. So his mother is trying to get milk into his diet by serving milk soups, custards, and so forth.

It is really possible to include the entire daily quota of milk in the child's diet by exerting a little ingenuity in planning. I am sending you a copy of our milk bulletin, "Milk and Its Uses in the Home," which has some suggestions for using milk in cooking.

I am also sending you a copy of "Aunt Sammy's Radio Recipes." In the section on vegetables, beginning on page 14, you will find a recipe for Asparagus Custard, for Five-Minute Cabbage, Corn Chowder, and Turnip or Carrot Custard. All of these recipes and others which you may discover yourself contain sufficient milk so that even one serving would add milk to the diet.

I think you may be able to solve your problem, by using milk soups, custards and puddings with a milk basis, breakfast cereals cooked in milk, vegetables either cooked in milk or served with cream sauce, milk toast, and other such special dishes.

Perhaps, also, you can gradually accustom your small son to the flavor of plain milk. A special glass and drugstore "straws" sometimes make milk more interesting.

Have you seen the leaflet, on "Good Food Habits for Children?" It contains suggestions for training children to eat the foods that are good for them -- and like them.

Next question: "Will you please send me a recipe for Ice-Box Buns?"

Answer: I'm sending you a copy of the baking bulletin. In it you will find recipes for making various kinds of rolls. Rolls made in any of these ways may be put in the ice box and kept over night, or for a few hours before baking. When handled in this way they might be called ice-box rolls. There need be no special recipe, however, for making rolls in this way. It is simply a question of slowing down the action of the yeast, so that the dough can be made up ahead and the rolls baked just before the meal. Then they can be served fresh and hot.

And that's all -- till tomorrow.